

To: Food Committee

From: Charlie Dean
Brookdale Statesman Club
10401 Vineyard Blvd, Apt. 254
Oklahoma City, OK 73120
903-926-2948 cell

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Re: Whole Grain Foods

I learned a few days ago that we are not able to choose whole grain bread at breakfast.

I think we have whole grain rolls at other meals, but I am not sure. If items were marked as whole grain I could do a better job of choosing my food.

I really need to lose weight and improve my diet. I am not a dietician, and I need all the help I can get.

